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# NEW COMMUNITY CLARION

SERVING THE PEOPLE OF BABYLAND - St. ROSE OF LIMA & NEW COMMUNITY

VOL. 4 NO. 11

NEWARK, NEW JERSEY

JANUARY 1987

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## NCC Social Services Opens Door To Independent Living For Residents

Trying to live on a low or fixed income today and yet remain in control of your life and retain your dignity is a tough job — as residents of New Community can tell you. Especially as one gets older, health deteriorates and more outside help is needed to remain independent. For young parents working hard to be self-supporting, after school care for their children is an important consideration.

Getting help, however, sometimes requires plowing through a maze of bureaucratic rules and regulations. You feel like you're sinking in quicksand and pray for a hand to grasp, which will pull you out.

At New Community the Social Services Department offers that strong helping hand. The department provides a wide variety of services, programs and activities for all the tenants of New Community. These services, geared towards seniors, youth and families are intended to address the social, recreational, educational, medical, and financial needs of the people. A constant for the department is the filling out of forms of every kind, especially for assistance — Lifeline, Prescription Assistance (PAD) cards, Vial of Life, etc.

Members of the department are assigned to each building NCC operates to keep an eye on needs of residents, especially seniors and disabled, who with their reduced mobility, would find it impossible to remain independent without Social

Service's help.

Just the "simple" task of shopping would be impossible in the Central Ward for these two groups of people, since there are no supermarkets within walking distance and many are too frail to take public transportation. Most do not own cars. To accommodate them, bus trips to K-Mart or Union Market are arranged. Those who are in better health help those who are not, since none want to be institutionalized. They value their independent living; it gives meaning and dignity to their lives.

All this sounds great, but there are problems nevertheless. We are encouraged by government to keep the seniors out of institutions "since it will cost more if they are in them," however the numbers of frail and elderly citizens demanding attention are increasing, but there is no provision outlined by the County and State to implement the increased needs.

This presents a predicament to the Social Services Department here, as voiced by Sister Anastasia Hearne, director. She gave an example. The Social Services Department of NCC runs a Home Friend Program which is making it possible for sixty senior citizens to live independent lives without fear or necessity of being institutionalized. Recently, it asked for a grant to compensate three extra Home Friends in order to service eighteen more seniors. The grant was denied. "Surely, the funds required for three additional staff members

would be a pittance when compared to the cost of institutionalizing eighteen more senior citizens," wrote Sister Anastasia to Governor Kean in a letter appealing the denial.

A proposal to raise the reimbursement for a meal in the nutrition program by one cent (1¢) from \$1.71 to \$1.72 was also recently denied. The increase was sought to cover the year-

Social Services here at New Community.

Many social events which are highlights to those whose lives have changed to the "slow lane" are also coordinated by Social Services. Life at New Community is not lived in isolation, for it is the smile, the knock on the door or the check up phone call which tells each person they are cared



Danny and his band perform at New Community faithfully each year and treat the seniors to a truly terrific big band sound.

ly cost of five dollars and seventy-five cents (\$5.75) for candles for the birthday cakes made for the nutrition site group birthday celebrations the seniors so enjoy.

It is this nitty-gritty stuff which involves the time of those working in

about; they are not forgotten.

Floor captains in each senior building act as liaisons for residents in cooperation with Social Services, keeping them informed of events ranging from visiting choirs to adult

(continued on page 3)

## A Statesman Remembered



**The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy. The true neighbor will risk his position, his prestige and even his life for the welfare of others.**

MARTIN LUTHER KING, JR.

JANUARY 19th

## The Beginning Of A New Year

Everyone reviews the past year with some sense of learning from experience so that we can plan for the future and pledge ourselves to a renewed effort. New Community makes the following promises for the New Year.

The aim of true development is people. Development which ignores the needs of the people who reside in an area is not true development. The removal of substandard buildings and their replacement by multi-million dollar complexes is not true development unless it means housing and jobs for the people of the area. It is a fundamental principle of development that it promotes the good of all people and it is the obligation of government to promote this type of development. New Community joins with all people of good will who seek to create a community which emphasizes the common bonds of humanity and which promotes

economic and social development for all people, but most especially those in the greatest need.

The Christmas season helps us to reflect on the importance of our families. With greater vigor, New Community will work to establish a community where our families can prosper. This includes employment, housing, day care, and all those items which are necessary for good community life. It is our prayer that we will expand our efforts on behalf of the victims of family violence, including both adults and children. We would hope we can better respond to the needs of the single parents and our teenage mothers.

May the love of the Holy Family live in our community throughout the year.

Board of New Community Corporation



## Human Resources Manager Added

A recent addition to the Social Services Department is Mowbrey Irene McKinley, the Manager of Human Resources.

Mowbrey will be writing the proposals so necessary to a department of this nature which depends on outside funding for new and existing programs. Preparation of grants to outside agencies, matching and linking services available with funding available requires a knowledge of corporations, foundations, government grants, etc., which she has brought with her. She was previously administrative assistant and matching gifts coordinator for a well-known Fortune 100 company.

Ms. McKinley received her B.A. from City University of New York. She has worked as a casework supervisor for the Brooklyn Bureau of Social Services as well as handling administrative positions with the previously mentioned company.

An active person, Mowbrey is an independent travel agent with her own business and is also a licensed insurance agent in New Jersey.

Volunteering is an important part of Ms. McKinley's life which she fulfills as a Board Member for the Bergen County Girl Scouts of America. She would like to see more volunteerism among the community,



Mowbrey McKinley

for senior service. She sees a need for volunteers to conduct arts and crafts classes or adult education programs. She would also like to see more support from corporate neighbors toward youth, handicapped and seniors.

In her capacity with NCC, she will be providing direct contact with all relevant community organizations, institutions, and social service agencies to provide better public relations and possible tie-ins for funding.

## John Keeley: Faithful Volunteer

Amoco companies have supported humanitarian organizations for many years and have encouraged employees to participate in civic, cultural, and social service groups. They take seriously their corporate obligation to be good neighbors and are indeed proud of their many employees who actively participate in community affairs where they live or work.

One employee who has followed their lead is John Keeley of Franklin Lakes, New Jersey. John has been with NCC Social Services for over four years now. Our quiet man is forever transporting, moving, collecting from friends and neighbors and servicing the many needs of our community. John was recently awarded a check from the Amoco Foundation in recognition of his volunteer services to New Community Social Services.

Thank you, John, we love you; thanks also to Amoco. What a wonderful way to recognize your employees and what a fine statement your award makes on behalf of your recognition of the value of human life.

## Magi Of 1986

The Association of Operating Room Nurses of New Jersey, Chapter I, of St. Elizabeth Hospital, Elizabeth, NJ decided that in lieu of gift-giving the nurses would collect funds and give them to charity to enable those less fortunate to share in the spirit of Christmas. This is the second year the group did this, and President-Elect Betty A Sangster, R.N., C.N.O.R., chairperson of the project, presented a \$300 check to Babyland Nursery for the children who are victims of domestic violence.

Babyland appreciates their generosity to the children and wants to thank the nurses for being such a shining example of the spirit of Christmas. They are today's Magi.

### THE NEW COMMUNITY CLARION

The N.C. Clarion is published the first week of each month as a community service. The Editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the views of the newspaper. Articles are appreciated by any and all concerned.

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### New Community Federal Credit Union

### 1st Annual Credit Union Membership Meeting

12 Noon  
Saturday, January 31, 1987  
At  
St. Rose of Lima School  
540 Orange Street  
Newark, N.J. 07107

## Listening To People

This reporter came upon a lively discussion among residents of the Central Ward of Newark. The names have been changed.

Paul: Did you read the story in the paper the other day? It was about this ongoing national debate as to whether the increase in the number of poor is due to the sluggish economy or an increase in the number of single parents.

Evelyn: What happens when they finally decide? Will they do something about it?

Larry: (Unemployed). You must be kidding. I have been looking for a permanent job for two years. All I can get are temporary jobs. No one seems to care.

Evelyn: I keep reading about High Tech. I don't know how that is going to help us. I am without skills.

Walter: It must be part of this drop down theory of economics. When the pot is filled, we get whatever spills over the side of the pail.

Paul: Vast amounts of public money are used to subsidize these development operations. There are land write-downs and the building of infra-structure for developments. But these projects do not provide us with permanent employment.

Evelyn: I understand the State Department of Higher

Education gave the Universities \$50,000 to do a University Heights study.

Larry: Yea, so they could plan how to remove us.

Sarah: There was over \$10,000 left in the study funds. They gave it to a so-called community representative.

Evelyn: Does he have any experience as a planner?

Sarah: Not that I know.

Larry: That's not the first time people have been paid to keep us quiet.

Larry: But with public monies!

Paul: I went to the early University Heights meetings. At that time I received notices of meetings. Then, suddenly, the notices stopped.

Walter: That's when the Committee did not have money. Once the money came, that was the end of public participation. No one gets notices.

Paul: Some of the programs for economic development like UDAG's are meant to develop employment for those most in need. Yet, it is seldom used for that purpose.

Larry: We are used to being part of the statistics of unemployment to justify the funds being used to assist others.

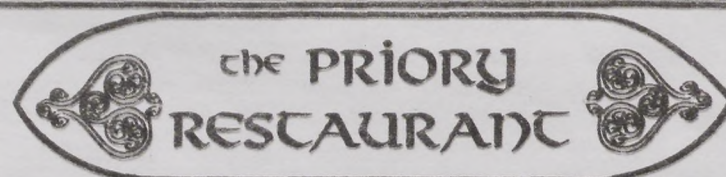
Walter: I bet I have been a part of the "needs" section of a hundred different proposals but none of those grants have been used to help me.

### ATTENTION ALL TENANTS

NCC Health Care Center

623-2480

Transportation to NCC Health Care Center will be provided for your convenience.



At St. Joseph Plaza

233 West Market Street, Newark, New Jersey 07103

(201) 242-8012

★★★★

American Continental Cuisine  
In An Old World Atmosphere

★★★★

Superb appetizers such as:

- Stuffed Mushrooms with Crabmeat
- Scallops in Bacon En Brochette
- Cold Antipasto

★★★★

Entree favorites include:

- Scallops and Crabmeat — sauteed in a white wine sauce
- Tortellini Romano — pasta filled with crabmeat prepared in a heavy cream sauce with freshly grated parmesan cheese
- Clam and Shrimp Possilipo — with the seafood cooked in burgundy wine
- Veal Cutlet Parmigiana — a tender plump cutlet covered with a light tomato sauce and parmesan cheese

Cocktails are available

★★★★

Lunch — 11:30 a.m. to 3:00 p.m. Monday through Friday

Dinner — 5:00 p.m. to 10:00 p.m. Monday through Friday

Sunday Brunch — 9:30 a.m. to 3:30 p.m.



# Social Services Helps...

(continued from page 1)

education classes or voter registration.

The Social Services Department praised this vital group of people during a recent visit. A large shopping bag filled with little black Scottie dogs with collars saying "I love floor captains" awaited delivery for Christmas as a token of appreciation for the vital work they carry on between residents of their buildings and the Social Services Department. They are the eyes and ears of their buildings. "I don't know what we'd do without them," said Sister Anastasia. One very special service they provide is to check on each and every senior either by phone or a knock on the door each day. If someone does not wish to be disturbed they just hang out their "I'm O.K." sign.

Holiday time finds the Social Services Department exceptionally busy, for wonderful friends of NCC make sure that each and every senior receives a gift at the various Christmas parties that are held. But those gifts have to be purchased, wrapped and delivered.

There are also groups such as the Sunshine Club which provide special meals and gifts for NCC. The turkeys contributed were run over to the freezer at Babyland by social workers, to be stored until cooked for meals for shut-ins. The meals were delivered in boxes along with gifts to all confined on Christmas Day. Orange Memorial Hospital also provided meals to any NCC shut-ins on Christmas Day. NCC Social Services delivered them to the people.

All this effort lets people know they are not alone. They are cared about and cared for here at New Community because each individual life is important.

Community groups also contribute their talents to bring joy to the residents of NCC. A call to the Social Services Department allows coordination of schedules for the beautiful and much awaited programs.

This Christmas season found concerts for seniors by St. Rocco's choir and "Danny" and his orchestra from the Performing Arts of Newark (Danny's band was one of the "greats" at one time), who provided big band

music which delighted them. The children from St. Rocco's also came with cookies for shut-ins, which had been baked by parents and teachers in a concerted effort to get all involved.

Youth is not forgotten in the programs run by Social Services here at NCC. With most of the parents working and many single parent families, child care is vitally important.

An after-school program between 3:00 and 5:00 p.m. is an intense education-oriented experience. Homework is overseen and the children are challenged with math, reading and spelling lessons and a reward system used. Writing skills are examined and preparation for SAT tests begun, for the participants really need it. Then there is recreation in the lounge or basketball in the Newton Street School gym. Roller skating, gymnastics and slimnastics are also offered at the gym. On weekends, there are competitive basketball games for the youth. There are no movies in the Central Ward, so NCC provides these, too. Movies start at 1 o'clock on Saturday and

Sunday and run for three hours, complete with popcorn.

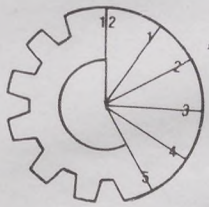
At Christmas, there were pre-teen Christmas parties for all the younger children with a Pollyana grab-bag featured. The day after Christmas a group was taken into New York City to see the tree and skate. A real effort is made to keep the children positively occupied.

Recently, a local businessman contributed Nets' tickets to Social Services and the excitement was unbelievable.

Needless to say, they could use more of this kind of help, so if any corporate people could provide a recreational opportunity, a phone call to Sister Anastasia at 623-6114 would find a receptive heart.

We hope that this rundown of the work of social services (just the tip of the iceberg) has been helpful to explain "what's behind the name."

Our thanks to all of them for their untiring efforts on behalf of all our people as they live out the philosophy her at New Community of "people helping people".



## Keys To Success

New Community Employment Center is experiencing tremendous success in finding local jobs for Newark's residents. Over 1,100 people (or 60% of recent applicants) have found jobs through the Employment Center and we are now finding jobs for over 600 people each year.

This success is attributed to several factors including the program, the counselors, the job applicants, local employers, and the Center's supporters.

The Employment Center is a non-profit agency charging no fees to either employers or job seekers. This has made the agency attractive to over 700 employers who place their job orders with the Employment Center and have come to rely on applicant referrals. It also means the Employment Center is able to provide services to the broad spectrum of job seekers unable to pay costly fees for this much-needed assistance.

The Employment Center's program includes counseling on job-hunting techniques and referrals for appropriate job openings. An exclusive focus on placement is maintained. This is advantageous for job seekers because employment counselors concentrate solely on finding employment opportunities equal to the skills of their applicants. Job seekers are also referred to training programs or other social service agencies as needed.

A second element in the placement success rate of the Employment Center is the sensitivity of the five people who staff the offices. Many of our applicants have been unemployed for long periods of time and their optimism about finding employment is understandably low. Counselors are sensitive to the emotional and physical hardship prolonged unemployment can cause and focus on building enthusiasm, hope, con-

fidence and realistic expectations.

The intensity with which employment opportunities are pursued by both job seekers and employment counselors is another aspect of the agency's success. In extraordinary cases, 25 calls will have been made to place one person. In most cases, only one or two interviews will be needed to match employer with employee. The job hunter must show responsibility, persistence, and a willingness to modify goals, attitudes and/or expectations in seeking work. A personal commitment to finding employment is the distinguishing feature of our applicants.

The crucial factor in the Employment Center's success has been the willingness of local employers to hire local job seekers. Many of the employers with whom we work are personally committed to the revitalization of Newark and see employment as one way to contribute to the self-sufficiency of local residents. Some of these employers actively seek local people to fill their job openings and will even hire workers with little or no experience. Many openings exist for people who show a willingness to learn, enthusiasm, dependability and responsibility. These are real openings for real jobs. Some are entry-level positions which give the no- or low-skilled applicant a chance to learn new skills while planning for future goals. Others are more highly skilled or professional positions offering growth and development potential. All of them offer the opportunity for a worker to build a record of experience that will enhance future employment opportunities.

New Community Employment Center would not be able to boast about its tremendous success, nor offer the personalized service it provides without the generous support of our funders. United Way and many foundations, businesses, churches and individuals anxious to contribute toward a better, more self-sufficient

citizenry have given their support to the Employment Center. This aid has come in the form of financial assistance, volunteer labor and donations of office equipment. In fact, Hyde and Watson Foundation has authorized a grant allowing us to pur-



(L-R) Leslie Benton, John Bins, Michelle Odom, Michael Jackson, Mary Bins.

chase a computer to assist in keeping track of employers.

Despite its impressive record, not all applicants will find jobs through the Employment Center. A combination of factors such as inadequate education or job hunting skills, unrealistic expectations and problems with transportation or child care act as severe barriers to employment.

The Employment Center works with all applicants of all skill levels who phone for an appointment. What

is required of job seekers is a personal commitment to find work. Any job seeker, unemployed or underemployed, is urged to contact the Center for a no-fee counseling session and job referrals. Any employer, large or small, hoping to reach the Newark

area labor market, is encouraged to contact the Employment Center for many useful employee prospects. The Center maintains files with thousands of applicants and can save employers costly advertising expenses and interviewing time by quickly identifying qualified applicants.

The Employment Center is open Monday through Friday and can be reached at 643-3828.

By L. Michelle Odom

## Holiday Playhouse Outing

NCC Social Services Department sponsored a Holiday outing to the Hunterdon Hills Playhouse, a Dinner Theater on Saturday evening December 13, 1986. The full package consisted of round-trip bus transportation from our buildings, dinner (pre-selected entree of 5 choices) and an entertaining, humorous 3 act play called "My Three Angels."

The dinner consisted of tossed green salads, delicious home made breads, choice of Chicken Cordon Bleu, Veal Cordon Bleu (With mushroom gravy), Roast Prime Ribs of Beef, Roast Stuff-

ed Porkchop (with apple gravy), or Stuffed Filet of Sole served with potato and fresh vegetable medley. This delicious, beautifully prepared meal was topped off with piping hot apple strudel and ice cream.

The play followed.

The whole evening added to the festivity of the season as the theatre was beautiful and the entire outing was enjoyed by everyone.

All who attended were very pleased and are looking forward to the next outing.

Mowbrey McKinley



## Health Care Update

Within the past couple of months an excellent new booklet has been made available to New Jersey residents. It's called "A New Jersey Consumer Guide to Selecting a Nursing Home." The booklet was developed by the Department of Health, Division of Health Facilities Evaluation and Licensing. Also now available are computer print outs of what's called a "Deficiency Profile" which can be used as a tool by the consumer for selecting a Nursing Home.

When one selects a nursing home for a loved one, there is often a period of guilt associated with the decision. Having assurance that the nursing home selected is one which meets standards established by regulatory agencies, as well as visiting it prior to the final decision, can help alleviate this feeling. The new handbook provides significant information covering a variety of topics some of which include:

- Services one can expect according to what the law requires and what the rights of a resident are.
- Cost on admission and what Medicare or Medicaid might cover.
- Alternatives to nursing home care such as Medical Day Care, home health, homemakers, nutritional and respite care.
- What should one look for when he/she visits a nursing home in the decision making process? Among others one should consider:
  - Are residents up, clean and well groomed?
  - Is the physical setting well kept and clean with adequate space for activities?
  - Are therapy and health services available?
  - Are residents satisfied with the food services and selection?
  - Will the resident be socially comfortable and is the facility convenient for visitation?

As residents of New Jersey we can be grateful that our Governor has authorized and supported this useful guide which is readily available free of charge by calling 1-800-367-6543. As we as consumers become more informed, we compel the health care industry to continually improve the quality of care provided to ourselves and our loved ones. The information is readily available - one only has to elect to become educated.

Connie Ford, R.N., M.P.A.

## A Dinner Dance Treat For Nursing Home Residents

Friday, December 12th was a day of extra hustle and bustle at the Extended Care Facility. It was the day chosen for a special dinner-dance treat for residents. The dance was held in the medical day care room.

Cooking began at 6:00 A.M.. One resident, in anticipation of the evening's event was dressed eight (8) hours early. Her head nurse suggested she change back into regular clothes so her new blouse would be nice and fresh for the party. Later, that same resident had her nails done by an administrative person and her hair curled by the unit clerk.

Medical Day Care participants finished their hand-made decorations and hung them to give their room a festive look for the dinner party. As their day ended, housekeepers arrived to set up tables and chairs. The band soon came to set up their many

instruments on stage. Next, dietary staff, dressed extra sharp in crisp black and white, fixed the bar and set the tables.

Residents on the floors finished primping with the tying of ties, manicuring of nails, combing of hair and wigs and putting on of jewelry, some of which was loaned by staff to add to the special party atmosphere.

As residents arrived (some with family members), cocktails were served along with hors d'oeuvres of cheese puffs, bologna rolls, and cheese logs. The main course included turkey/ham roll ups, Polynesian sweet potato puffs, and spiced apple rings and was followed with ice cream parfait, coffee or tea, nuts and mints.

Some administrative staff and volunteers stayed to help and others returned after taking care of their children. Joe Chaneyfield of the New

Community Board of Directors and Jim DuBose, Director of Security stopped by to add their support.

In between courses, family, residents and staff joined each other to dance. Other enjoyed the music of Warren Alston's band and the voices of Byron Jones, Ron Howard and Brenda Sessions of the Extended Care Facility staff, among others. To end the evening many joined to sing favorite Christmas carols with faces all aglow.

It was certainly an evening where the true meaning of Christmas filled the air — and a far cry from an ordinary nursing home atmosphere. But then, New Community is an extraordinary place.

Connie Ford  
Executive Director  
Extended Care Facility

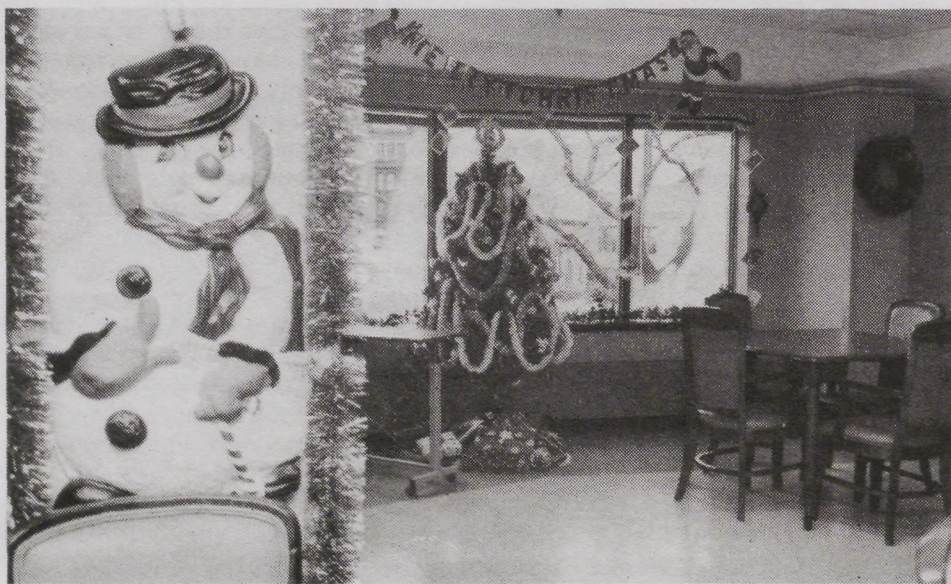
## Holiday Spirit Reigns At Extended Care

New Community Extended Care Facility residents have been the proud recipients of a spirit-filled Christmas holiday, thanks to the many nursing assistants, supervisors and staff who gave of their time and energy in decorating each floor. As one enters the 2nd, 3rd or 4th floor of the Extended Care Facility, one can only marvel at the creative expressions of the Christmas holiday season. Each floor has been tastefully done and residents' families and friends have commented on the outstanding collective works exhibited.

To see the solemn expressions of our residents change to delight is a blessing in itself. The New Community Extended Care staff has a lot to be thankful for. To be able to give of oneself and expect nothing in return is the general spirit that has prevailed during this joyous occasion and each floor has been recognized in that light. Where loved ones are concerned, we've reacted and the spirit of Christmas has been recognized.

To the entire staff of New Community Extended Care Facility - Happy New Year!

Byron Jones





## If You Can't Get To The Mountain

"If you can't get to the mountain," so the story goes, "we'll bring the mountain to you."

That is just what American Health Care Apparel, Ltd., does for people for whom getting out to shop is impossible. They visited the New Community Extended Care Facility in December.

The group began in 1929 when an

premises, staffed with professional people to assist all residents with their personal care needs. Apparel offered need not be specialized; a cross section of their main line of clothing from hats to shoes are available.

A shopping day is arranged by calling their office toll-free, and recently the company made available a catalog so people can shop by mail or



A volunteer saleslady waits on a resident customer.

affiliated called the Easton Surprise Store initiated the still-standing tradition of presenting merchandise of finest quality at easily affordable prices. Several years ago, they observed a need for specialized clothing and formed American Health Care Apparel Ltd.

Their "Traveling Clothing Store" transports this specialized clothing line to nursing and convalescent homes, rehabilitation facilities and adult communities. They actually deliver a complete store to the

phone. Every item carries a 100% satisfaction guarantee.

Those who experienced this marvelous shopping day at Extended Care were impressed by the quality and selection of their merchandise. Certainly it gave residents a blessed opportunity to choose their own clothing and presents for the holidays as well.

This is just another way New Community respects the dignity and independence of people, for people helping people is what we are all about.



Residents take turns as models for attentive shoppers.

## Westside High Lends Holiday Cheer

Students of Westside High School's Community Service Club under the leadership of teachers Ms. Ginger Brock and Ms. Pat Knight have extended their services to New Community Extended Care Facility. According to school principal Nathaniel Potts, "we are delighted that our students have embarked on such a task which up to now has not been done." Ms. Brock who is the teacher and advisor of the service club also states that "this experience will enable our students to learn to appreciate giving rather than taking and to love without expecting payment." Ms. Brock added that students will also better understand their grandparents and become more sensitive to senior citizens.

While the plans are now being finalized for implementation in January '87, the students have started early by donating a Christmas tree and decorating the main lobby at the Extended Care

Facility for Christmas. In addition, the service club has already toured the facility and is anxious to perform various tasks and assist in any way to enhance the quality of life for the residents. The students' ages range from 14-17 and all have expressed interest in community work for the elderly.

According to Mr. Byron Jones, Activities Director, "In meeting initially with Mr. Potts, school principal, I found him very concerned and willing to aid in revitalizing the community through the involvement of West Side High School students and the residents of New Community Extended Care Facility." We thank the students for providing our residents with a very nice Christmas musical program under the direction of Ms. Inez McClendon, music instructor. Thanks also to Ms. Elizabeth Summers and the Art Department for their creative gift to each of our residents.



Spirits soar when Westside High School Choir members raise their voices in song.



Director Connie Ford and Westside High's principal Nathaniel Potts chat amidst decorations created by the school's art students.

## Employee Of The Month

Della Hankerson has been chosen Extended Care Facility "Employee-of-the-Month."

Della was born in Savannah, Georgia, but came to New Jersey at the age of one.

She is a graduate of East Orange High School and has received an Associate Degree in Psychology from Mount Ida Junior College in Newton, Massachusetts. She also attended Glassboro State College and explored the field of Psychology a little further. She will finish her education in January, 1987 at either Montclair State College or Rutgers University. Della has done some volunteer

work at University Hospital in the Acute Care Unit-Mental Health.

Della enjoys people. She will extend her arms open wide to her residents and to the community. "I enjoy working with people. I honestly feel that I understand their needs and they can sincerely feel I do care about them. At the age of 24, I feel that I have given of myself to make others happy, and that is a JOY within itself."

Della works as a patient activities aide with special assignments on the third floor. She has also developed the successful Women's Club for the residents.



Della Hankerson (second from R) is honored by fellow workers and Director Connie Ford (R).



# ☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆ Highlights Of '86 At New



Extended Care Facility opening ceremonies



Priory Restaurant opens



Babyland summer program computer class

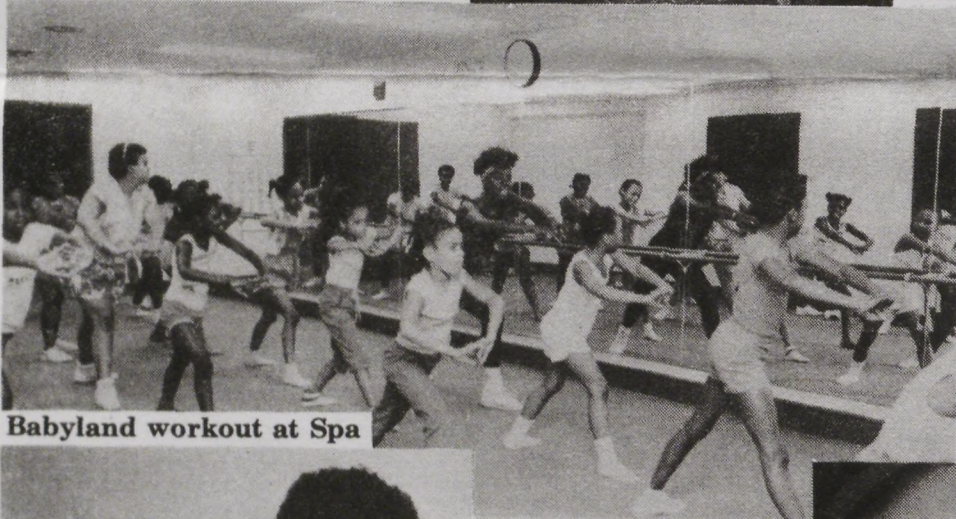


First resident welcomed at Extended Care Facility

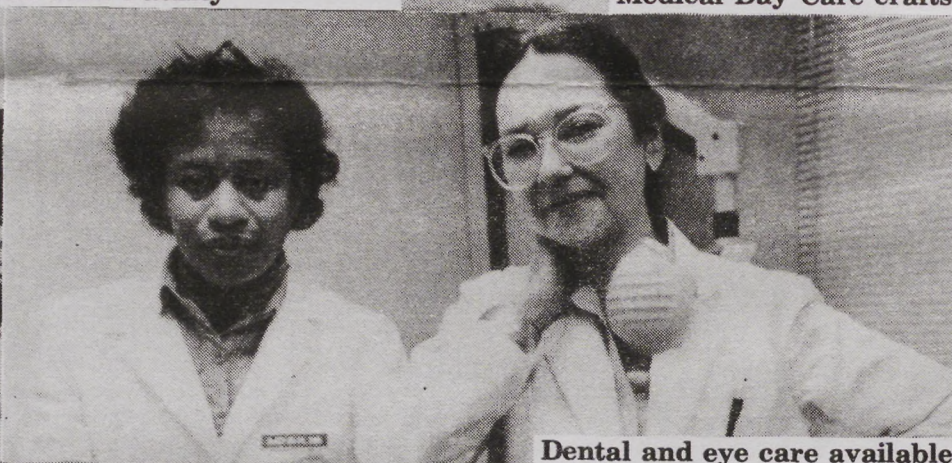


Future Nurses program

Medical Day Care crafts



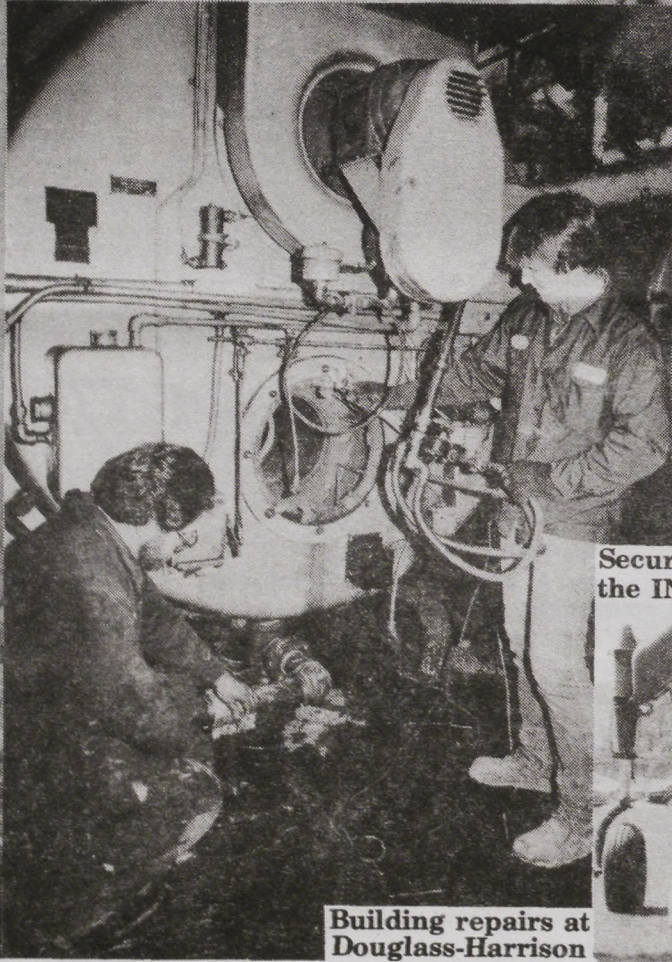
Babyland workout at Spa



Dental and eye care available



Computers for Babyland



Security Youth Program aboard the INTREPID



St. Rose Spring Festival

Building repairs at Douglass-Harrison





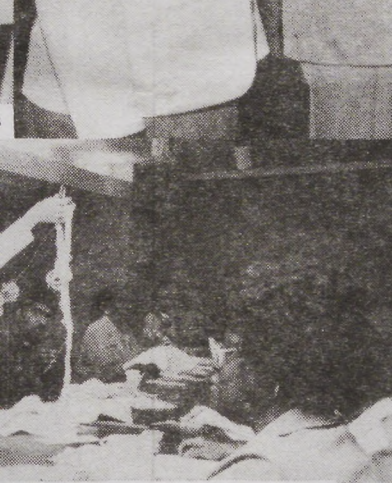
# New Community Network ☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆



Credit Union reaches \$600,000



Ribbon-cutting at condominiums



Future Nurses program



Bishop Tutu visits



New condos grace landscape



NCC workshops for employees



Women's Club-Extended Care Facility



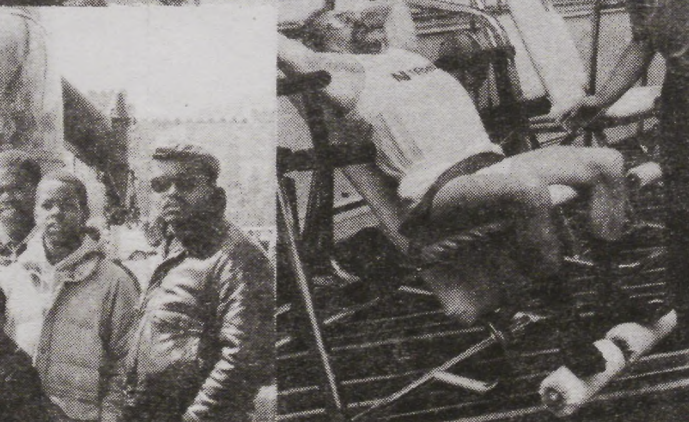
Holiday sparkle at St. Joseph Plaza



CPR course



"Doctor Is In" series



Extended Care Facility volunteers



New appliances installed



# Security Corner

## Camping Trip For Youth Program

On Friday, November 28, 1986, nine members of the New Community Corporation Youth Program went on a two and a half day camping trip to the Promised Land State Park in Pike County, Pennsylvania. They returned Sunday afternoon at 2:30 p.m.

The youths pitched their own tents and slept comfortably in sleeping bags. They arose every morning at sunrise, eagerly looking forward to the challenges of the day.

While there, they engaged in touring the area in a van, hiking along the trails, and gathering firewood. The young people cooked their own meals which consisted of hot dogs,

hamburgers, barbecued chicken, sausage, bacon and eggs together with juice and soda.

They were accompanied on the trip by Youth Counselor Jim Rohrman, Systems Analyst of New Community Corporation, who stated "the youths adjusted very well to outdoor living in the cold weather and were well disciplined and well behaved."

The youthful adventurers were: Scott and Ira Brown, Paul Harrington, Dwayne Parker, Kenard Thompson, Rohman Holloway, and Gerald Connor. They all stated that they enjoyed this, the second such outing, more than the first one last year. And they are eagerly looking forward to the next.



Breakfast in the woods becomes an adventure.

## NC Roseville Celebrates



## Officer Of The Month

New Community Corporation Security is proud of Officer Arlene Crowder and sincerely congratulates her for being chosen as "Officer of the Month" for December 1986.

Officer Crowder joined New Community Corporation Security in 1984. She is presently stationed at NC Manor Senior, 545 Orange Street. Since the beginning of her employment, she has had a perfect attendance record, and has continuously performed her duties in a professional and courteous manner. Mrs. Ethel

donated by Katzin's Uniforms of Newark, who are co-sponsors of the Officer of the Month Program.

## Sentinels Keep Seniors In Mind

On Tuesday, December 10, 1986, "The Sentinels," a non-profit organization, comprised of New Community Corporation Security Officers, presented a one year membership card from Palmers Videos, in Newark, to representatives of NC Manor Senior, 545 Orange Street and NC Common Senior, 140 South Orange Avenue.

Corporals Sheila White and



S/O Arlene Crowder gets congratulations from Personnel Director Cecelia Faulks and a plaque from Security Director Jim DuBose.

Clark, Tenant Council President is quoted as having said, "Officer Crowder goes above and beyond the call of duty, by always pitching in and helping seniors in anyway she possibly can. We would love to keep her forever, and this feeling is shared by all of the residents who just love Arlene. She is just an all around good person."

In May, 1986, at New Community Corporation Security's Second Annual Awards Ceremony, Officer Crowder received a special award in recognition of her exemplary conduct and devotion to duty.

Director of Security, James E. DuBose, presented Officer Crowder with an engraved plaque which was

Patricia Sherrod, both officers in the Sentinels, presented the memberships to Mrs. Ethel Clark, President of the Tenants Council who represented NC Manor Senior, and Mrs. Hattie Holly who represented NC Common Senior.

The concept for presenting the membership card emanated out of recognition that many residents are unable to purchase tapes for the VCR's located in the community rooms in each building. The membership now enables individuals to obtain the tapes of their choice.

The Sentinels have committed themselves to purchasing membership cards for the four remaining senior buildings.



Sentinel Officers White (L center) and Sherrod (R center) sign up new video club members Ethel Clark (L) and Hattie Hollie.





at ST. JOSEPH PLAZA  
233 WEST MARKET ST.  
NEWARK, NEW JERSEY  
(201) 624-7373

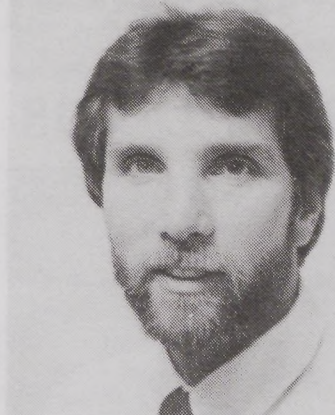
## New Beginnings For 1987

We can now put 1986 in the record books, stop momentarily and reflect, then regroup and prepare for 1987. No matter how good or how bad 1986 was, it's time for a new beginning. As new year begins, people tend to check their goals and see how much progress they have made towards those goals. At this point you can change or modify them. Once you have re-established those goals and the direction to follow, you're off again.

These new beginnings can take many forms — a new job, a new family member, a new house, but the New Beginnings I want to talk about is the New Beginnings Spa and Wellness Center. This New Beginnings can put energy back into your life; it can help you gain friends and lose weight. The Spa will help you drop your waist size as you lift our weights. You can deflate the egos of your friends (who don't exercise) as you inflate your biceps.

This new year will be a great time to start a program or to renew interest, if you have let yourself go astray. We have all the equipment you could want or need for whatever fitness goals you may have.

We have weight machines, free weights and various forms of aerobic equipment and classes. The aerobic equipment ranges from treadmills and exercise bikes to rowing machines. Then there are our world famous aerobic classes with our in-



by Kerry Gillespie,  
Exercise Physiologist

structors from the far corners of the earth, each with their own unique style that will keep your feet moving and your heart pumping.

As long as you have this new determination it may be just the right time to stop doing some things. For instance, it would be beneficial to stop smoking; beneficial for yourself and for those around you that might have their health affected by your smoking. It might be a good time to stop over eating and even more importantly to cut down on the amount of fat, sugar and salt in your diet.

All this stopping and starting can be very stressful, which brings us to our last topic, stress. Unlike the other factors, stress is something you control. With stress you must first get a handle on those things that cause you the stress and deal with those factors you can change and forget about those factors you can not change. The whole technique of dealing with stress takes a lot of practice, but you will be pleasantly surprised by the results.

At this point you might (or might not) be asking yourself, 'well what is my next move.' That's the easy part; walk don't jog to the New Beginnings Spa and Wellness Center and join today. We are moving into our 3rd great year as Newark's finest health facility. We have new equipment and experienced instructors; all we need now is you.

We're waiting for you, so sign-up, shape-up and make 1987 your happiest and healthiest year ever!

## THE CHEF'S CORNER

New Year and resolution time again! A very familiar one is to lose some of that weight you put on over the holidays. Here is a dish that can help you without sacrificing good taste or good nutrition.

### VEAL SCALLOPINI PICCATA

For Two:

- 10 oz. Veal Cutlet (8 slices)
- 3 oz. Prosciutto (3 thin slices)
- 2 oz. capers
- 1 squeeze lemon
- 1 oz. white wine
- 1 clove garlic crushed
- 2 oz. butter

Pound the veal very thin and coat lightly with plain flour. Melt butter in a no-stick frying pan and saute veal on both sides very quickly. Add garlic, capers & prosciutto and cook



RODRIGUEZ  
JOE

another minute. Turn off the heat and add one squeeze of lemon juice, wine and salt and pepper to taste. Serve immediately with a salad and plain rice or noodles. There you have it — quick, simple, nutritious and delicious. And most importantly, low calorie.

This is Joe wishing you Bon Appetit!



## Lesson From A Lost Sheep

Although this sheep did not wander away from ninety-nine others in the fold, it is lost and it would be wonderful if there were a Good Shepherd who could find it and return it to the Manager at 545 Orange Street.

This little lamb has had a hard time. Last year, along with the Infant, it was stolen from the Manger set in front of NC Manor Seniors. The Infant was returned, but the story that is circulating is that the lamb was taken to the police station to be used as evidence in the court case and it never returned.

Is the real story that the lamb just could not overcome the dreadful experience it had been through and preferred the security of police headquarters? Or could it be that the publicity the lamb got as a stolen item made it more valuable and attractive and it is saving itself for a

better offer than 545? Whether this is a prodigal son/daughter or good shepherd parallel is unsure but the lamb is missed...the manger does not seem complete without the lamb or sheep around.

Nonetheless, those gathered around the crib on December 12th for the blessing ceremony had their hearts warmed as they centered on the Christ Child right in their midst, as one of them. Focusing on Christ puts everything in perspective. Then what we do not have is not as important as what we do have.

He who is the Lamb of God teaches us the gladness of Christmas which is hope...the heart of Christmas which is Love...the spirit of Christmas which is peace.

Editor's Note:

The lamb returned to the fold for Christmas.



NC Manor's creche-lighting ceremony took place without the lamb.



The lamb returns! Officer Pulco brings the wandering sheep safely home to NC Manor resident Ethel Clark.

## NC Manor Lobby Glows For Holiday





## At Your (Social) Service

by the Staff of NCC Social Services Department

### Martin Luther King Celebration

In a cooperative spirit, Helen Vaughn of NC Douglas met with Illa Barnes, Rosalie Trogon and Nellie Thomas, members of the Advisory Board from NC Roseville and Sister Kathleen from Social Services to share ideas on the Martin Luther King celebration held at New Community Douglas last year and scheduled for Roseville in January.

This is the fifth annual event sponsored by the Senior Advisory Board to commemorate the life of Dr. Martin Luther King for the benefit of the youth of New Community. The pro-

ceeds of all other activities of the Advisory Board go towards the drive to buy a new bus.

The finalization of the plans for the celebration, which will include entertainment and a dinner, will be presented at the Advisory Board meeting on January 13th. The support and cooperation of all the buildings are needed to make this a celebration worthy of the memory of Martin Luther King, a man who gave his life for others.

Sister Kathleen



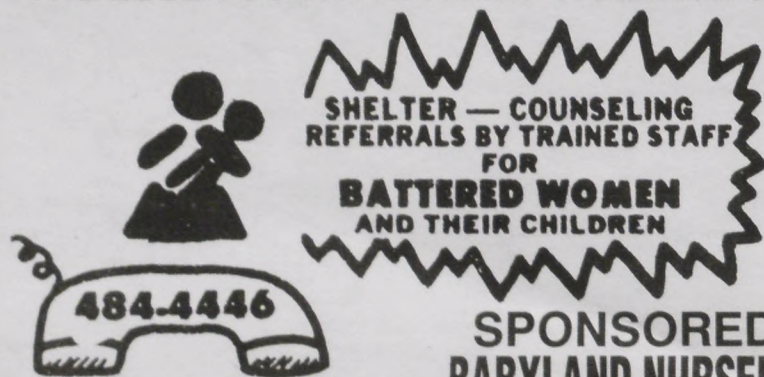
Under Sr. Kathleen's (center) guidance, (L-R) Nellie Thomas, Helen Vaughn, Illa Barnes and Rosalie Trogon plan a busy Martin Luther King holiday.

### Gardens Christmas Fest



### NOW, THERE IS HELP

THE ESSEX COUNTY FAMILY VIOLENCE CENTER



24 HOUR HOT LINE CALL ANYTIME

SPONSORED BY  
BABYLAND NURSERY, INC.

### Bank Helps Youth Program



Harold Spony presents Sheila Washington (C) and Mowbrey McKinley with a welcome check.

Through the efforts of Mr. Harold Spony, Vice President at First Fidelity Bank, 550 Broad Street, Newark, New Jersey, a number of children of our Youth Department will be attending NJ Nets games at the Meadowlands.

Mowbrey McKinley, Manager, Human Resources Department, in charge of securing program funding for the Social Services Department, states that the \$200.00 check will enable children selected on a merit basis by Mr. Eladio Negron, the

Youth Department Coordinator to see the exciting games in person.

Corporate community relation efforts as demonstrated by First Fidelity Bank are greatly appreciated by the residents of the community in which we reside and conduct our business.

The Youth Department will shout cheers for the Nets and for Mr. Harold Spony when they attend the games in the Meadowlands.

Mowbrey Mc Kinley

### Girls Club

#### \*MOVIES\*

On Saturday after the holidays movies will be shown at Gardens Pavilion, 220 Bruce Street at 1:00 p.m.

The Gym is still open for girls on Tuesday and Thursday in Newton Street Scool from 4:30 p.m. till 7:00 p.m. All girls are welcome!!!

On January 9, 10, 11, 1987 the girls Club will be on their way to Camp McDonald in Branchville, NJ. There will be workshops set up for them to discuss cultural and educational topics. They are also having different Fund Raisers to go to Orlando, Florida in December of 1987. They are doing an excellent job on their Fund Raisers. Keep up the good work girls.

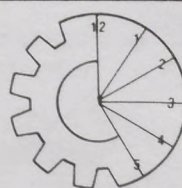
Sheila Washington  
Associate Youth Coord.

### Every Time You Hire, You Change Someone's Life

A steady job is more than a paycheck. It creates a sense of accomplishment and motivates people to try harder.

Every time you employ from the Newark area, you enrich the lifeblood of the community and you invest in your own business's success—and Newark's future.

For free assistance in finding qualified job candidates from the area who meet your requirements, contact the New Community Employment Center (201) 643-3828.



New Community  
Employment Center

15 Hill Street  
Newark, N.J. 07102

(201) 643-3828



## NC Commons Senior

It's the end of one year and beginning of another, but due to personal reasons, this reporter will not be writing this column in 1987.

The Gospel Chorus had a very nice tree lighting program on November 28, 1986. The Christmas tree in front of the building was beautiful, as was the singing.

Speaking of Christmas trees, the one in the Mailroom was done beautifully by Hattie Hollis. The tree in the Community Room was also very lovely. The decorations were designed by Viola Walker, Marion Simpson and Irene Carr.

Crocheting was done for the needy for Christmas, with free material. An instructor taught those who didn't already know how, to crochet; just a small gift for a needy cause.

We welcome Sister Veronica aboard

as our new social worker.

### SARAH BENJAMIN CELEBRATES 80TH BIRTHDAY

On Sunday, December 28, Mrs. Sarah Benjamin celebrated her 80th birthday. She was feted by approximately 60 friends and relatives in the Commons Community Room. In addition to the many birthday greetings from those present, she received congratulatory letters from Gov. Thomas Kean and Congressman Peter Rodino. She was also presented a birthday proclamation from Central Ward Councilman George Branch citing her many years of community service and a proclamation signed by Mayor Sharpe James declaring December 28, "Sarah Benjamin Day."

We wish her well.

Connie Wise



Diners anticipate a savory Christmas meal.



Many helpers in the kitchen speed food to the tables.



### A CHANGE OF PACE

ST. JOSEPH PLAZA  
THE SANDWICH SHOP  
233 W. Market Street  
Newark, N.J.



Relax in the quaint atmosphere of the Atrium in St. Joseph's Plaza. Enjoy a delicious buffet including chilled wine, beer and many of your other favorite drinks.

For your listening pleasure piano selections by Curtis Watkins accompanied by Emily Ross, vocalist.

### FRIDAY NIGHT SPECIAL

From 5:00 P.M. until 11 P.M.

### SCRUMPTIOUS BUFFET

Cash Bar

## NC Associates



Santa and his (or her!) elf assistant can't hand out the presents fast enough.

There would be no Christmas, had not the Christ child been born, and what would Christmas be like without children.

At the Senior Christmas Party, there were young ladies who helped to serve. They were pleasant and patient with the Seniors. Their presence made the party more special. Thank you girls, we appreciated your help.

The week before Christmas was a time of caroling and spreading Christmas joy. Tuesday, December 16th, children from Our Lady of the Valley in Orange sang carols and entertained us. Their sweet melodious voices filled the air and put joy in the hearts of those listening. Thursday, December 18th, children from St. Rocco's made the Christmas season happier with carols and expressions of love. Gladness was shown in the faces of those who were present. Friday afternoon members of the New Testament Church on Orange Street came and uplifted our hearts with songs and Christmas carols; it was a pleasure to be in their presence. Friday evening the Pastor and members of Trinity Baptist Church on South 12th Street brought us a beautiful Christmas program

and then gave fruit to those who attended. The program encouraged many and made us all realize that people do care.

To climax this joyous week, the New Testament Church returned Sunday night. The spirit of love filled the air. The members expressed the real meaning of Christmas and everyone joined in singing Christmas carols. Many were uplifted and inspired by the messages of God's love. The evening was a pleasure and enjoyed by those present.

We love and thank all of you for making our Christmas season more joyful and giving it a very special meaning. To some you have given the only Christmas present they will receive. God bless you and we hope to see all of you next year. May your New Year be filled with all that is good.

### VCR Update

"Where is the V.C.R.?" some are asking. The only response I have received is that it is in a safe place and it is waiting for a larger T.V. to be put in our Community Room.

Happy New Year to all, and to all, God's Blessings.

Phyllis Burton

## Christmas At NC Douglas



Elegant tenants enhance their brightly decorated surroundings.

Elizabeth F. Dougherty, D.M.D.

and

Audrey Malone, D.M.D.

Dentistry for Adults and Children

at

New Community  
Extended Care Facility  
266 So. Orange Avenue  
Newark, N.J.

Office hours by appointment Monday through Saturday, with evening hours available.

Call 242-5737



★ 1987 ★

★ NEW YEAR GREETINGS



## Holiday Fun At Babyland



Cultural enrichment for Babylanders includes a performance of "The Nutcracker" at Newark's Symphony Hall, a visit from Santa, and the craft of making Santa Claus card holders.

## Our Lady Of The Valley Choir Performs At NCC



## Keeping Christ In Christmas

Christmas just wouldn't be Christmas around St. Rose of Lima School without a Christmas pageant. This annual ritual places the true meaning of the occasion in its proper perspective amidst all the holiday hoopla. Each time it is presented, a clearer meaning is shared by those new in the audience, while familiar inspiration comes to those who look forward to the pageant each year.

This year, "The birth of Jesus," as

Angels: Ellen Fadoju and Lian Parris  
 Wisemen: Sherres McClendon, Jerrod Redd, Dwaywe Tucker  
 Herod: Leslie Kehleay  
 Shepherds: Anita Kehleay, Yolanda Rudolph, Tanyika Myes, Tokunbo Ojediran

When performed as a school assembly on December 19th, the



In classic roles of the Three Wise Men, (L-R) Tanyika Myers, Tri-Shon Randall, and Sherres McClendon play their parts with earnest dignity.

the pageant was entitled, was performed by members of St. Rose of Lima Junior Choir, participants from the Individualized Music class and students of fifth grade. Under the direction of both Mrs. Emily Ross and Sr. Mary Pierre Gardner, some fifty youngsters through drama and music, brought this Gospel message, according to Mark and Luke, to students, parents and teachers on Sunday afternoon, December 21, in the school auditorium.

The students who performed main character roles were:

Narrators: Chad Pennington and Dale Ellis  
 Mary: Stacy Stewart  
 Joseph: Raymond Cabrera  
 Elizabeth: Ericka Smith

following characters were substituted: Mary - Erica Harrell, Elizabeth - Elysie Rainey, Wiseman - Tri-Shone Randall.

Mr. Curtis Watkins, organist of St. Rose of Lima Church assisted in the production by "rendering the piano, if as though like harps from heaven," says Mrs. Ross. Owen Parris, a sophomore at Arts High School in Newark, built the scenery, provided lighting and directed the stage crew. He assists Mrs. Ross with the production each year. Owen is a 1985 graduate of St. Rose of Lima. Rodney Reese and Michael Anabui, both 1986 graduates, returned as alumni love to do, to take part in the annual tradition.

## Windows, Windows All Aglow At NCC

